

ESH NEWS

A NEWSLETTER FOR EMPLOYEES OF

EVANSVILLE STATE HOSPITAL

OUR PAST & FUTURE By Cathe Fulcher, Superintendent

OUR PAST

Sometimes you have to look backward in order to go forward. The year 2007 brought training on the recovery model WRAP (Wellness Recovery Action Plan) with a plan to incorporate the self management tool into programming, numerous clinical seminars including training on respect, information on community mental health support and resources, and an enhanced breast cancer awareness program for both patients and staff with the help of a grant from Susan G. Komen for the Cure.

Patients enjoyed the numerous hospital events including the unforgettable roaring Summerfest with the help of the River City Harley Owners Group, as well as many opportunities for community involvement with the viewing of the Vince Lombardi Trophy awarded to the Indianapolis Colts, and participating in SWIRCA's Senior Olympics and Fall Fling Dance. Outings included visits to the museum, Otters game, Thunder Pit Tours, West Side Nut Club Fall Festival, and Vanderburgh County 4-H Fair.

Staff took part and shared the differences in cultures at the Ethnic Sampling Fest, collaborated with Logansport State Hospital for a fitness challenge that amounted to the largest participation in wellness yet at ESH, and shared their treasures through the successful State Employee Community Campaign that impacted those in need through charitable giving. ESH staff also welcomed Cathe Fulcher in her new role as Superintendent, and tearfully said goodbye to former Superintendent, Robert Spear. The hospital saw a few physical changes with supply and equipment additions from surplus after the closing of Ft. Wayne Developmental Training Center. As well, work was initiated on the historical monument to be located on the grounds at our visitor entrance. This monument will utilize the ESH capstone blocks from the demolished CTU building. The long awaited completion of the improved employee Lloyd/Stockwell entrance was a welcome addition.

During Calendar Year 2007, we saw 69 individuals admitted to our hospital. The increase in individuals with legal issues continued to be seen in 2007 with 21 admissions from the Legal

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OUR FUTURE

Looking ahead to fulfill our mission of Hope & Recovery with quality patient care always at the top of our list, the following goals were set for 2008/2009:

- Continue to enhance development of staff response to the changing healthcare/organizational culture and identified training needs by expanding training and support for recovery models (Snoezelen/comfort rooms, Wellness Recovery Action Plan, empathy training, team solutions); performance management; survey readiness; disease and medication management; and clinical safety rounds.
- Implement information management initiatives by developing a plan for implementation of computerized systems (QuadraMed, Avatar), and rollout of the Time & Labor Module (PeopleSoft) when available.
- Identify and implement workforce planning strategies by exploring recruitment and retention efforts, expanding the orientation process to include periodic reviews, and developing a systematic approach to enhance the identification of ongoing training needs.
- Identify fiscal management refinements by enrolling ESH as a Medicare Part A provider, and educate staff regarding cost containment strategies for improved community outpatient service costs.
- Continue to enhance communication systems by ongoing policy and procedure reviews and enhancement of the information flow to employees, committees, and departments.
- Initiate feasibility study of a 12-14 bed admission/stabilization unit with the Division of Mental Health & Addiction.

The 2008 work for the hospital staff will continue our excellent patient care services while maintaining compliance with regulatory standards and working on new goals. Our responsibility extends to our patients and also to our co-workers to provide a supportive atmosphere for active treatment for individuals with mental illness.



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CESSATION PROGRAMS

Did you know that the average smoker will make 7-11 attempts before completely quitting? So don't be discouraged if you've tried before and been unsuccessful. Don't give up on that New Year's Resolution!

Several cessation programs are available through selected health plans such as the "*Butt Out! - Smoking Cessation Program*" through Anthem, and the "*Finally BEAT Smoking Program*" through Welborn. Below is a listing of some free community offerings:

- March 4, 11, 18, 25 *Nicotine Patch Program*
Vanderburgh County Health Department
6:00-7:00 p.m.

Call Mary Jo Borowiecki at 435-5807 or mborowiecki@vanderburghgov.org to register. Participants will receive six weeks of free nicotine patches. Participants must be 18 years of age and cannot be pregnant, smoke at least one pack a day, obtain a doctor's permission slip, and attend four one-hour classes.

- March 18, 25, April 1, 8 "*I Can Quit*"
Deaconess Chancellor Center for Oncology
6:00—7:00 p.m.
Call 812-858-2273 to register

- Upon request with one on one coaching available
Vanderburgh County Minority Health Coalition
Call Linda White at 812-423-5452

The Indiana Tobacco Quitline 1-800-QUIT-NOW is a free phone-based counseling service that helps Indiana smokers quit.

**WELCOME**

Lynn Hennessy, Nursing Service
Michelle Martin, Service Line Director
Cathy Thomas, Nursing Service

***In Memory Of***

Gerald Girtten, Chapel Volunteer
Mardelle McCormick, Friend to Friend Sponsor

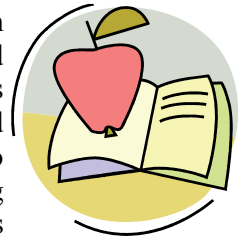
You touched our lives!

OUR PAST & FUTURE (Continued)

Forensics Department of the Division of Mental Health & Addiction. Length of stay at ESH continues to vary with the majority of individuals hospitalized between 2-5 years. During 2007, 63 patients were discharged and placed in the community. In 2007, more patients returned home to live independently or with family. Other placement settings included group homes, apartments, transfers to other state facilities, or other arrangements for further care and treatment in closer proximity to family and/or gatekeeper (mental health centers). There was an increase in placements from Developmental Training Services serving those with developmental disabilities in addition to their psychiatric illness. Four individuals were placed in MR/DD group homes; two of whom were placed at a new facility with extensive support and safety measures. The hospital census on December 31, 2007 was 164 patients including four individuals on therapeutic leave from the hospital. Ninety-nine (99) individuals reside on Admission/Continuing Treatment (C, D, & E Units); 31 on Geriatric Services (F Unit); and 30 on Developmental Training Services (G Unit).

CLASSES ON MENTAL ILLNESS—MARCH 3

A series of twelve (12) free classes about mental illness will begin on Monday, March 3 at Old North United Methodist Church on Evansville's north side. These classes are designed to provide information and skills to family and friends of persons dealing with the diagnosis of mental illnesses including bipolar disorder, depression, schizophrenia, obsessive compulsive disorder, anxiety disorder, post traumatic stress disorder, or borderline personality disorder. Classes begin each evening at 6:45 p.m. and end at 9:00 p.m. Even though there is no cost to participants, reservations are required through Diane Arneson, NAMI Evansville at 812-423-4333.



NAMI Evansville hosts a family support group on the 2nd and 4th Tuesday of each month at Southwestern Indiana Mental Health Center (Robert Spear Building) at 6:00 p.m. Educational topics are offered as well as time for sharing concerns and successes.

Support NAMI for the 2008 Calendar Year with a \$15 annual membership per family. Membership paid and renewed at the local level makes you a member of NAMI Evansville, NAMI Indiana, and NAMI. Contact NAMI Evansville (812-423-4333) to join. Read more about this organization by going to www.namievansville.org.

Information Exchange

Noteworthy Recognition

Congratulations to the following employees for being recognized for a job well done in the past month:

Billie Gregory, Nursing Service
Tina Schindler, Nursing Service
Tim Stevens, Physical Plant
Ron Tenhumberg, Physical Plant
Jack Williams, Maintenance
Janet Williams, Nursing Service



Hats off to **Theresa Abel**, Dietary, who saved her neighbor's life using an abdominal thrust to dislodge food. The neighbor had come to Ms. Abel's door holding her throat and unable to talk. Theresa responded immediately and felt the training at ESH helped her respond so quickly. The neighbor had been alone at her house with a grandbaby. Great job!!

Crop for the Cure benefiting the *Komen Greater Evansville Affiliate* will take place on Saturday March 1 and/or March 15, 2008 from 9 a.m.-9 p.m. at Vanderburgh County 4-H Center. An ESH team is currently forming for the March 15 date. If you would like to join in the fun, please contact **Paula Hurst**, team captain or the Community Services Office (Ext. 4970). There is a \$30 registration fee that includes lunch, dinner, beverages, and snacks for the day.

Show Me Dough frozen pastry and gourmet cookies are being sold by **Mental Health America of Vanderburgh County** through March to raise funds for their Christmas Gift Lift Program. Last year over 200 individuals with chronic mental illness, including 65 ESH residents received \$10 Walmart gift cards for Christmas. The pastry sells for \$9.50 each and cookies are \$12.50 for a box of 2 dozen. Orders are being taken through the Community Services Office (Ext. 4970) and delivery is scheduled for March 18th, just in time for Easter!

Special Olympics Vanderburgh County is having a bowling fundraiser on Saturday, March 1 at Willow Bowling Lanes. Contact Cathy Gostley at Ext. 4882 or Community Services if interested in participating.

February 2—Groundhog Day
February 12—Lincoln's Birthday
February 14—Valentine's Day
February 18—President's Day
February 22—Washington's Birthday

**FEBRUARY
HOLIDAYS**



Earned Income Tax Credit: The EITC is a federal income tax credit for people who work, but don't earn much money. If you qualify, it could be worth up to \$4,700 this year. You could pay less federal tax, or even get a refund. For information about the tax credit, go to www.irs.gov/eitc.

Vending machine prices increased January 25 by .5-.10 cents on products offered. This is the first increase since moving to the building in 2003. Efforts through vendor contracts have kept costs as low as possible for our patients. The **Patient Indigent Fund** allows for daily spending money for the canteen to patients with no or limited resources. Donations to the Patient Indigent Fund can be made through the Community Services Office.

Did you know that music is being piped in the *River Birch Dining Room* during the evening meals for a more relaxed dining experience?



Exercise is on everyone's mind since the new year. Here are some fitness centers offering state employees discounts:

- **Bob's Gym & Family Fitness**—Savings of a minimum of \$100 off (approximately 15% discount) at their three locations on the North, West and East Side. Contact Julie Garoutte at 402-4771 for details.
- **Curves** (Newburgh & Evansville locations) \$34 monthly fee with \$0 service fee on their one year program. Offer good from February—April 2008. Contact Bridget Hasler at 858-8787 for details.
- **YMCA** continues to offer state employees their corporate rate of \$42 for individuals, \$57 for family, and \$51 for single parents. An additional \$25.00 joining fee is required. Membership entitles use of both the downtown location as well as the Dunigan location and includes free land and water exercise programs with free child care.
- **YMCA** in Henderson, KY offers the corporate rate (20% savings) if 5 employees join at the same time. Contact Community Services if interested in this offer. There is no joining fee through Feb 24 which saves \$50 for individuals and \$75 for families.

ESH NEWS

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ESH NEWS is published monthly for employees and friends of Evansville State Hospital. News items are welcome. They should be submitted to the Community Services Office by the 20th day of every month.

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And Addiction
Indiana Family & Social Service
Administration



ESH NEWS

ARE YOU DEPRESSED?

With the winter blues upon us, almost 11 million Americans will be affected by seasonal affective disorder (SAD), the season that runs from November through early spring. Symptoms include fatigue, weight gain, and a weakened immune system. Lack of light during the waking hours is the root cause. The added stress of holidays and inclement weather can snowball. SAD is more likely to affect women than men and those in the age range of 18-40. It is genetic. To help relieve symptoms, experts suggest the following:

- ◆ Eat balanced and nutritional meals; snack healthy!
- ◆ Exercise
- ◆ Stick to a schedule (avoid major projects when you aren't feeling your best)
- ◆ Let the sunshine in—open blinds
- ◆ Get outdoors as much as possible
- ◆ Use light boxes and/or dawn simulators to enhance natural light.
- ◆ Get involved (join a group or take part in a community activity)
- ◆ Be sociable—(arrange to meet friends/family)
- ◆ Start planning and looking ahead to the spring (it will come!)

Did you know that Indiana ranked 39th among all states for depression in the first ever study by Mental Health America to monitor how well the nation treats mental illness? The November 2007 released report sheds light

on the need for more mental health professionals in the Hoosier state as well as earlier treatment as many tend to forego professional help with the thought of handling the situation on their own. The report found that states that had more resources to handle mental illness and fewer barriers to treatment tended to be less depressed and have lower rates of suicide. Indiana also ranked 21st among other states for its suicide rate. Vanderburgh County's suicide rate is at an all time high with 40 reported at the end of 2007, which is about one suicide every nine days. The Southwestern Indiana Suicide Prevention Coalition continues with its prevention efforts with a focus on precipitating factors from data collection that will hopefully point to better prevention measures. Question, Persuade, and Referral (QPR) training to help identify those at risk for suicide is available locally and can be arranged through the coalition (812-471-4521) or the local MHA Office (812-426-2640).

Signs that may indicate that you're depressed:

- ⇒ Loss of appetite and/or weight loss
- ⇒ Isolating yourself socially
- ⇒ Sleeping all the time or disruption in sleep pattern
- ⇒ Feelings of hopelessness that continue for more than a few weeks
- ⇒ Anxiety
- ⇒ Irritability
- ⇒ Suicidal thoughts

Please seek help if you are depressed.

